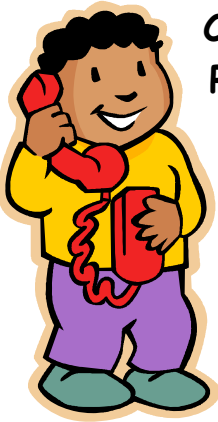


# HELP FOR PARENTS - COMMUNICATING IN THE FAMILY FROM THE ST. JAMES PARENT SUPPORT ADVISORY TEAM (PSAT)



COMMUNICATION IS VERY IMPORTANT IN A FAMILY. PARENTS MUST TALK WITH THEIR CHILDREN IN A POSITIVE, CLEAR AND MEANINGFUL WAY.

CHILDREN MUST BE ABLE TO TALK TO PARENTS IN A POSITIVE WAY, WITHOUT FEAR.

Parents and guardians also need to agree on what they want to say to children and how to say it so that the child gets the same clear messages from all adults in the family.

Think of how we would like others to communicate with us:

- We want people to tell us the truth and to speak to us with RESPECT.
- If the person is someone close to us we want them to speak to us with AFFECTION and CARE.
- We want to FEEL COMFORTABLE enough to answer that person, knowing they will not insult or threaten us.

Communicating with a child is no different. We should speak to our children with love and respect and make sure they feel comfortable enough to speak to us. When you communicate with your child:



DO

1. Talk using language that shows you respect and care for your child
2. Make your child feel comfortable enough to talk to you
3. Set the right example for your child



DON'T

1. Communicate by hitting a child or using bad words or abuse
2. Threaten your child and tell him or her not to speak to you
3. Tell your child one thing but do the opposite

## COMMUNICATING IN THE FAMILY PUZZLE FIND-A-WORD



Find the following words which are ways to communicate well with your child

SHARE  
CORRECT  
GUIDE  
CARE

LOVE  
ASK  
RESPECT  
MOTIVATE

SMILE  
LISTEN  
HUG  
COUNSEL

HELP  
ENCOURAGE  
SHOW

S H M O T I V A T E I O S E  
L C K G S S G T S A S R U S  
D O V E C C U N T U I V A L  
L U G E P U N H G U I D E O  
L N E O L E E H H E L P D N  
A S H U C N O U E N S A S E  
S E T E A C O G W G L S E E  
K L O U R O U L O V E H A E  
A E L C E U A A M E R A R E  
O R I O H R S M I L E R S H  
R S S R C A L G E A S E A U  
E O T R A G S L A E P L S T  
E K E E V E H E S I E I R H  
N N N C A E O C S T C L S O  
H V D T P G W I U I T H R E  
L I C O P O O A E S C L V W

The St. James Parent Support Advisory Team (P-SAT) is here to assist parents. We give parents the chance to learn how to do better at the job of parenting. We also give parents an opportunity to share and learn from each other, with the support of specially trained persons who give information on a number of topics.

If you or your community would like assistance from the PSAT, please contact us:  
c/o THE CHILD DEVELOPMENT AGENCY, 4 KERR CRESCENT, MO-BAY 9524362;9711569  
or at

THE PSAT RESOURCE CENTRE, 1<sup>ST</sup> FLOOR VANHAZE BUILDING, 16 EAST ST, MO-BAY

